

# Staff Wellness Tool Kit

## BUILDING HEALTHY COMMUNITIES



Staff wellness is an essential component of a healthy school environment and benefits from intentional attention alongside student-focused initiatives. When staff well-being is supported, teachers and school personnel are more engaged, energized, and better equipped to model positive behaviors for students.

This toolkit offers practical strategies and resources—along with directed funding opportunities—to help schools make staff wellness a meaningful and visible part of their overall health and wellness efforts. By creating a culture that values the well-being of educators and staff, schools can foster a more supportive and thriving community for everyone.

## HEALTHY MINDS:

**Stress Management & Self-Care Planning** tools can help educators develop healthy coping strategies, maintain balance, and build resilience amid the everyday pressures of school life.

- [BHC Investing in Staff Wellness](#)
- [BHC Parent & Caregiver Self-care](#)

**Guided Breathing Exercises**, such as box and belly breathing, are simple, evidence-based techniques that support wellness by reducing stress and improving focus.

- [Box breathing relaxation technique: how to calm feelings of stress or anxiety](#)
- [Belly breathing exercise: calming the body and mind](#)

**Mindfulness & Meditation Apps (*Free or discounted access*)** serve as valuable resources for educators aiming to improve their well-being and manage stress by providing a range of guided practices and supportive content specifically designed to foster mindfulness and support overall mental wellness.

- [Insight Timer](#)
- [Headspace](#)
- [Calm](#)
- [Smiling Mind](#)

**Creating a Staff Wellness Space** in your school can provide a quiet retreat where staff can take a moment to pause and recharge, which can ease stress and lead to improved focus, morale, and overall workplace wellness.

- [BHC Creating a Staff Wellness Space](#)

## HEALTHY BODIES:



**Regular movement and balanced nutrition** can boost energy levels, improve mood, and help staff better manage the demands of the school day. Encouraging healthy habits among staff also sets a positive example for students and contributes to a stronger schoolwide wellness culture.

- Video: [5-Minute Office Stretches](#)
- Video: [5-Minute Refresh Stretches](#)
- Video: [5-Minute Reset Stretches](#)
- Video: [5-Minute Activity Break](#)
- [BHC Staff Step Tracking Form](#)
- [BHC Water Tracker](#)
- [Healthy Snacks](#)

## SOCIAL & COMMUNITY SUPPORT:



**Peer Support Groups or Staff Circles** can offer a valuable space for connection, reflection, and mutual support. By creating opportunities for open dialogue and shared experiences, these types of groups can help strengthen relationships, reduce stress, and foster a more positive and supportive school culture.

- [Staff Move It Monday Initiative](#)

**Staff 30-Day Wellness Challenges** are a fun and engaging way to promote healthy habits while building a sense of community among co-workers. These 30-day challenges encourage staff to focus on wellness both at school and at home. At the end of the challenge, participants simply submit their completed challenge forms to the designated challenge coordinator.

*To help encourage staff participation, Building Healthy Communities (BHC) can provide prize incentives, which can be awarded to challenge winners or randomly selected participants from the forms returned. Please reach out to your school's BHC coordinator if there is interest in any of the options below.*

- [Staff Step Challenge & Step Tracking Form](#)
- [Staff Water Challenge – Healthy Hydration](#)
- [Staff Rainbow Fruit Challenge](#)
- [Staff Unplug & Read Challenge](#)

